

Episode 1: Are Essential Oils Safe While Pregnant or Breastfeeding??

If I'm pregnant, can I use essential oils? Is it ok to take herbal products, like flaxseed and other herbal supplements during breastfeeding? MotherToBaby Podcast host Chris Stallman, a certified genetic counselor and mother of three, takes questions from other moms from around the country about the known safety of using essential oils and herbal products during pregnancy and breastfeeding. Alfred Romeo, RN, PhD from MotherToBaby's Utah affiliate is her guest expert helping to provide evidence-based answers.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://www.MotherToBaby.org).

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